

## INSTRUCTIONS MANUAL

### FEATURES

- Time Telling Mode (Hours, Minutes, Seconds, Date and Day of the Week)
- Calendar Mode (Month, Date, and Day of the Week)
- (2) 24 Hour Alarms
- Hourly Chime: One 'Beep' sound every full Hour
- Chronograph Mode: Hours, Minutes, Seconds, and 1/100 of a second with Lap Operation
- Countdown Timer
- Second Time Zone
- 12/24 Hour (Military Time)
- Water Resistant as indicated on the watch
- INSTALITE - Electro Luminescent Display

### SELECTING FEATURES

1. Time Telling Mode displays Hours, Minutes, Seconds, Date, and Day of the Week.
2. From Time Telling Mode, press and hold 'C'. Calendar Mode appears and the Month, Date, and Day of the Week are displayed. Release 'C' to return to Time Telling Mode.
3. From Time Telling Mode, press 'B' once. Chronograph appears. Press 'B' four times to return to Time Telling Mode.
4. From Time Telling Mode, press 'B' twice. Alarm Mode appears. Press 'B' three times to return to Time Telling Mode.
5. From Time Telling Mode, press 'B' three times. Countdown Timer Mode appears. Press 'B' twice to return to Time Telling Mode.
6. From Time Telling Mode, press 'B' four times. Second Time Zone Mode appears. Press 'B' twice to return to Time Telling Mode.

### SETTING THE TIME AND CALENDAR

1. From Time Telling Mode, press and hold 'A' for two to three seconds. Seconds flash. Press 'C' to zero out the Seconds.
2. Press 'B'. Hours flash. Press 'C' to advance the Hour.  
**NOTE:** Pressing and holding 'C' will advance digits rapidly. When 12 Hour Format is selected, 'PM' indicates 'p.m.' times; there is no indicator for 'a.m.' times.
3. Press 'B'. Minutes flash. Press 'C' to advance the Minute.
4. Press 'B'. The Month flashes. Press 'C' to advance the Month.
5. Press 'B'. The Date Flashes. Press 'C' to advance the Date.
6. Press 'B'. The Day of the Week flashes. Press 'C' to advance the Day of the Week.
7. Press 'B'. 24/7 Hour Time Format flashes. Press 'C' to select either 12 Hour Time or 24 Hour (Military) Time.  
**NOTE:** 'PM' indicates 'p/m/' times in 12 Hour Format; there is no indicator for 'a.m.' times. '24H' indicates 24 Hour (Military Time).
8. Press 'A' to end set sequences and return to Time Telling Mode.

### CHRONOGRAPH

1. From Time Telling Mode, press 'B' to enter Chronograph Mode.
2. Press 'C' to start timing.
3. Press 'C' again to stop timing.
4. Press 'A' to reset to zero.
5. Press 'B' to return to Time Telling Mode.

### LAP OPERATION

1. While in the Chronograph Mode, press 'C' to start timing.
2. Press 'A' to measure Laps.
3. Press 'C' to stop timing at the end of the event.
4. Press 'A' to reveal the final Lap Time.
5. Press 'A' again to reset to zero.
5. Press 'B' to return to Time Telling Mode.



### SETTING THE 24 HOUR ALARM

1. From Time Telling Mode, press 'B' twice to enter the Alarm Mode
2. Press and hold 'A'. Alarm Hours flash. Press 'C' to advance the Alarm Hour.
3. Press 'B'. Alarm Minutes flash. Press 'C' to advance the Alarm Minute.  
**NOTE:** Pressing and holding 'C' will advance digits rapidly.
4. Press 'B'. Alarm Number flashes. Press 'C' to select either Alarm One (t1) or Alarm Two (t2).
5. Press 'A' to end set sequence.
6. Press 'B' to return to Time Telling Mode

### SECOND TIME ZONE

1. From Time Telling Mode, press 'B' four times to enter the Second Time Zone Mode.
2. Press and hold 'A' for two or three seconds. Hours flash. Press 'C' to advance the Hour.
3. Press 'B'. Minutes flash. Press 'C' to adjust the Minutes.
4. Press 'A' to end set sequence.
5. Press 'B' to return to Time Telling Mode.  
**NOTE:** The Second Time Zone (Dual Time) Clock may be used to keep track of a foreign time.

### COUNTDOWN TIMER

1. From Time Telling Mode, press 'B' three times to enter the Timer Mode.
2. Press and hold 'A' of two or three seconds. Hours flash. Press 'C' to adjust the Hour.
3. Press 'B'. Minutes flash. Press 'C' to advance the Minutes.
4. Press 'B'. Seconds flash. Press 'C' to advance the Seconds.
5. When the Countdown Timer is set, press 'A' to end set sequence and return to Timer Mode.
6. Press 'C' to start the Countdown Timer.
7. If desired, press 'C' again to stop the Countdown Timer. Press 'C' again to resume the Countdown Timer.  
**NOTE:** The Countdown timing will continue in any mode until 'C' is pressed. When the Timer counts down below three minutes, an alarm ('Beep Beep') will sound when the Seconds Digit is '0' or '30'. When the Timer counts down below ten seconds an alarm ('Beep') will sound every second. When the Tim has expired, the alarm ('Beep Beep Beep') will sound for ten seconds or until 'A', 'B' or 'C' is pressed.
8. Press 'C' to stop the Timer.
9. Press 'B' to return to Time Telling Mode.

### EL LIGHT FEATURE

1. Press 'D' in any mode to illuminate the watch face. The backlight will remain lit for 2 to 3 seconds.  
**NOTE:** EXCESSIVE USE OF LIGHT WILL SHORTEN BATTERY LIFE.

## INSTRUCTIONS MANUAL

### CHANGING THE BATTERY

Change the battery when the watch becomes slow, the readout darkens or does not appear, or the backlight fails. Before removing the old battery, be sure to denote its polarity so that the new battery is installed in exactly the same way. Replace with the same kind or equivalent only. This watch contains precise electronic components and should only be opened by a qualified watch technician. However, it is not necessary to return your watch to the manufacturer for battery replacement. It is recommended that you bring your timepiece to a local jeweler.

### WATER RESISTANCE

This is a **WATER RESISTANT** watch. Do not operate push buttons below the surface of the water. Should water or condensation appear in the watch, immediately have the watch checked. Water can corrode electronic parts inside the case.

### USE OUR NATIONWIDE SERVICE CENTERS. YOU CANNOT RETURN WATCH FOR SERVICE WHERE IT WAS PURCHASED.

If your watch requires cleaning, lubrication, battery changing, or needs a crystal replaced, Armitron Adventure approved Service Centers are available in your area. These repair facilities use Armitron Adventure parts and components to assure quality and future performance. Free estimates are available in advance, should you need servicing or repairs not covered under the warranty. Repairs covered under the warranty may require proof of purchase, so retain the purchase receipt.

### RETURN YOUR WATCH FOR SERVICING

Please call **(718) 482-4195** for a listing of all approved and authorized service centers and locations, or visit our website at:

**WWW.ARMITRON.COM**

YOUR WATCH SHOULD NOT BE RETURNED TO THE PLACE OF PURCHASE. Carefully pack your watch in a sturdy box (do not send in a gift box for same will not be returned) and mail to the nearest approved authorized service station. Because of possible loss, we recommend that you insure the watch, return receipt requested, when using the mail. If you do not receive a receipt within a reasonable time, start a tracer through the originating post office. Never include a special watch band or any other article of personal value in your shipment.